

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

A FRESH START WITH A NEW PRESIDENT ELECT

By Ken Wilson

Well we have a new situation with a fresh start and a black president. Obama's campaign was very organized and on top of things while Clinton and McCain's were a mess.

The success of the new administration will depend largely on advisors that can give proper advice to handle the Iraq War and Economy. Afghanistan is in this mix also as the war over there seems to be escalating. The President is actually a manager of his staff and advisors.

Like most new administrations what happens in the first six months determines how the public will view his abilities. Hopefully he will give the Vice President some real responsibility as Joe Biden is very knowledgeable on foreign policy as demonstrated when he visited IVH.



It will be nice to have children in the White House again. They bring many interesting pictures and newspaper print. Their will be five in the White House as Mrs. Obama is bringing her mother to help with the children. Well, maybe the two girls will give the Secret Service some challenges!!

Memories From Our Veterans

Submitted by the family of Fonda Tribby

Fonda Pearle (Rinard) Tribby was born on October 25, 1924. She served in the United States Navy Waves as a Petty Officer 2nd Class Specialist as an X-Ray Technician from 1944-1945. She is authorized to wear the American Campaign Ribbon in accordance with ALNav 351-45. She is a WWII veteran.

On October 22, 1944, in front of the town Notary Public, Fonda was sworn into the United States Navy. Fonda felt from that moment on she was a real person with a purpose, and her life became ever so much more interesting.

On October 31, 1944 she drove to Des Moines, IA to report to the U.S.O. as she was told to do, and to meet up with other women who were getting ready to leave as well. They loaded the train and went speeding through the night to their mystic destination. The train went to Chicago, Illinois where they changed trains to New York City. On arrival in New York City they were transferred to the subway where they went to Hunter College and the Naval Training School (W.R.) in Bronx, New York. There, they were ushered through one building and then emerged on the other side with new uniforms, hats and "nylons." They filled out address cards and were asked if anyone would like to join the Singing Platoon. Fonda auditioned and passed the test.

The days passed quickly with all the marching, schooling and singing. By the



Fonda Tribby

time the days ended, they all were ready to fall into their bunks to get a few winks of sleep before the next day arrived.

Soon their training was done and their billets were in. Fonda was to be sent to Indianhead, Maryland. After her arrival she was tested for different jobs and had tested well on x-rays. She was then assigned a job in section four. Her job consisted of x-raying tiny particles, cubes and even blocks of gunpowder for foreign articles. The film was developed, numbered, read and recorded with their findings.

Two and a half months after reaching the base the first reading came through. Fonda was proud and she pitched in harder than ever; by the first of May, 1945 she had her Petty Officer Third rating.

(Continued on page 3)

Memories

(Continued from page 2)

By this time she had a weekend and a 180 hour pass, so she used it to make a trip home. As luck would have it, her high school sweetheart was also home on leave.



Fonda during WWII

The love bug had struck and they were married. They shared two lovely days together then returned to duty. Her husband was soon shipped overseas. Two weeks after she had returned to her base, her Petty Officer II rating came through and soon after that her long awaited chance to go over seas came up.

Fonda went on a 5-day leave and when she returned to her base, the war had ended and the orders to go over seas was canceled. She was discharged after two months from the Great Lakes Naval Center. Thus, this ended a little over a year of wonderful, exciting and educational Navy life. Truly the many different aspects of life she learned there have helped so much during her life.

Fonda and her husband, Carroll, came home to start their civilian lives. Fonda and Carroll have four children: Shirley, Carroll Dean, Eleanor and Clifford. They have nine grandchildren and nine great-

grandchildren. Carroll worked for Townsend Industries and passed away in November 1990.

Fonda said this about herself: "I am a retired Blue Cross and Blue Shield worker and now live at the Iowa Veterans Home in Marshalltown, IA. I plan on making my life the best that God has given me. He has blessed me with my wonderful family, great friends, a place to live and food on my table. Thank you to all that have served in our military to keep our nation free. Who could ask for more?"

Just to say thanks...

To Mark Freland and the Dietary staff. It was a treat for you to invite CULVERS staff on Veterans Day for serving their frozen custard as a dessert along with a great meal.
Good Job.



Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

As I write this, 2008 is drawing to an end! I want to thank all of you for the opportunity to serve as your state representative. Let me bring you up to date on some issues:

First, I am reviewing the budget for IVH with Greg Wright and Lisa Purvis. The operating budget for IVH continues to be my top priority. The goal is to continue to have adequate funding so that you have the best care in the nation.

Second, I want to comment on the exceptional Veterans Day Ceremony held on November 11. Governor Chet Culver choose to attend that ceremony and talked about his commitment to quality care at IVH and his overall commitment to the veterans living here.

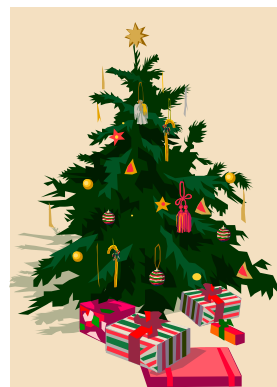
Third, we now know that Veterans Day at

the Statehouse is going to be January 22. I am working to bring the choir to the Statehouse once again as everyone enjoys their performance.

Fourth, I have just drafted legislation to change absentee voting in long term care facilities such as IVH. I like the procedure we have for the county auditor's offices to assist people in long term care with their ballots and to have a day where such voting can occur.

At the same time, I feel any resident of a long term care facility should have the same right that I do to request an absentee ballot, have it mailed to them, and be able to return in anytime during the time period for absentee balloting. My monthly town hall meeting will be shortly before Christmas this year. I will be at the Malloy LRC on Monday, December 22 at 9 a.m. I hope to see you then!

Have a Merry Christmas!



Editorials & Opinions

VETERAN'S DAY CELEBRATION

I have always been amazed at how few of our ambulatory able bodied residents attend the Veteran's Day Celebration at IVH. The majority is usually people in wheelchairs, electric wheelchairs or mobies.

I hear a lot of talk in the dining hall and other areas about being "bands of brothers" or marines, etc. yet they fail to show up on the day which is set aside to celebrate them. In a democracy if you don't support and take action on its values then it will collapse.

KLW

STOP SIGNS AT CROSSWALK

I totally agree with the article and comments on stop signs and "running stops" at the East Dack crosswalk that was in the last issue. I was glad to see another resident other than myself observe the quick stops and speeding. The signs have helped a little but still people do "running stops" and drive at what some of us estimate is 40mph. In the early morning and evening it is extremely dangerous as the driver may not see the pedestrian in the dark. I am not just talking residents here but also employees who use the parking lot.

I think the key is to have a dark shaded (the maroon one) unmarked police car which can be seen as well out here to administer a few stiff fines and maybe, **I said maybe**, some people will gain some insight. Maybe some of the speeding employees are late for work. That being the case, maybe they should just start out earlier from home.

KLW

There were some errors both on the editors and my part in the first paragraph on the Oklahoma National Memorial and Museum article. Here's how it should have read: Olive Norem and I were fortunate to observe the Oklahoma National Memorial and Museum in Oklahoma City, Oklahoma on September 8, 2008. The Memorial we saw first and we stopped by the Memorial fence where I had woven a small flag in the fence.. She (Olive) was so angry that 3 men had caused so much chaos. The world was affected by this selfish act. I didn't know what to think once we arrived and started seeing the place.

God Bless and Happy Holidays

Sheryl Nuehring/ Heinz hall

Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-reprinted. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall or the, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail

PARENTAL QUOTATIONS FROM
THE 50'S AND 60'S

1. What did you say young man/lady?
2. You can't have everything.
3. What did your mother just tell you?
4. Christmas !!! How can you think about that now ?
5. There will be no desert for you.
6. Don't "But Mom" me young man.
7. What is the one thing you are thankful for?



How in God's name am I going to feed all these people for Thanksgiving ???

The Annual IVH Staff Party

***** This is only for humor*****

Once again our holiday staff party was scheduled for December but, we decided to go a little earlier due to the fact that one of our staff is taking a vacation at the end of this month. A word to the wise there will be no shredding aluminum foil to make a CHRISTMAS tree tinsel, adding JACK DANIELS to the punch, or mixing EX-LAX with the chocolate -macadamia nut cookies. The reason is that our toilet paper inventory was suddenly depleted. Otherwise, enjoy yourselves and as our way of saying thanks each staff person will receive this \$5.00 aluminum tree.



Farmin' Like It Used To Be

By Ken Wilson

Rural Town Dentist

Our town dentist was Doctor Weber. He did quality work because he came from the Navy. Local people who went into the military were always complimented on the work they had done on their teeth.

He was located on the west side of main street in the North one third. I can't quite pick it out now in order to find out who is in there but I wish someone had had the foresight to save his equipment at least the chair and drill for history's sake. His tolerance for kids wasn't on the low end but they **WERE NOT** his favorite. His body language said "Sit here and shut the hell up and we will get along just fine." It was hard to not keep your mouth shut in the older days. The dental drill was ran by a continuous belt attached to a floating arm. It **WAS NOT** water cooled and it was a slower speed than today's dental drills I still remember the burning smell of the slow speed drill. Drilling was done **WITHOUT** Novocain!! Novocain was reserved for root canals and tooth extraction. Fillings were done by just "toughing it out"!

I remember the spit dish basin which was always on your right. Water jet was used but no suction was done so you just had to spit it out. I remember the gadget

on the wall that shook back and forth very rapidly and mixed the metals together to make a filling.

The dental light was dimmer but looked similar to today's except it gave off more heat. The dental chair in those days was not electric. I think it was hydraulic with a foot pedal to power it.

The dentist worked alone. Dental hygienists were unheard of at least in rural areas in those days. The office was not very wide. You walked in a narrow hallway where about 4 chairs sat. I don't recall a bookkeeper but it could very well have been his wife. Once you came down the hallway you turned 180 degrees and there was the dental chair. As I recall the office was not very bright as there was no outside windows except in the door.

Dr. Weber was polite but very professional without any jokes or horseplay. I remember as a kid having to go to the dentist and fearing having an injection in my gums! Dr. Weber had a house, which is still there today. It is the last house in the NW corner of Brooklyn. It was an English Tudor style average size. The style was so unique and always fascinated me. I was in town about 6 months ago and drove by just to see if it was there. It was. To my knowledge he had no children, just him and his wife.

Tidbits by Marie

By Marie Molloy

Nursing Humor

The nurse said to the patient kid-ingly: "I was about to wring your neck." The patient said to the nurse kidingly: "You won't get any soap suds out of that." ** kidingly was mis-spelled intentionally.



Ayude soy subrayado excesivamente es como

Translation: Help!!! I'm Over-stressed As Is....



Aren't you glad George the political ads are over with ? I sure am Alice. But now, we see nothing but Christmas ads. So is life. That's what makes our country great dear.

Native American Wisdom and Proverbs

By Terry "Graywolf" Maus

Take only what you need, and leave the land the way you found it. **Arapaho Proverb**

If man is as wise as a serpent, he can afford to be as harmless as a dove. **Cheyenne Proverb**

You already possess everything necessary to become great. **Crow Proverb**

Wisdom comes only when you stop looking for it, and start living the life the Creator intended for you. **Hopi Proverb**

If you see no reason for giving thanks, the fault lies in yourself. **Minquass Proverb**



Poetry

May Your Stuffing Be Tasty...

*May your stuffing be tasty
May your turkey be plump,
May your potatoes and gravy
Have nary a lump.*

Anonymous Author

GETTING TO KNOW YOU - OUR STAR VOLUNTEERS —

By Rose Elsbecker

On Tuesday, Nov 11th, the 4th grade class from MACS (Marshalltown Area Catholic School), along with myself as creative writing leader and Mrs. Monica Boone, 4th grade teacher, designed and wrote cards to the veterans. These were on display from the Rehab Services office door. Many of the students talked about their grandparents being in WWII or the Korean War, or relatives who were in the Vietnam War or who are now serving in Iraq .

Each of the students designed their own card, colored pictures on the front of their cards, and then wrote a message on the card.

The students used the cards as an opportunity to express their thanks for the veterans and for what they have done and for protecting us and our country. At the end of the class period, the students suggested singing "The Star Spangled Banner", and stood proudly to sing the national anthem, with their hands placed over their hearts. One student simply said, "thanks a lot" . That sums it up from all of us.

Brain Food

5 brain friendly foods

1. **Fish:** The original "brain food" contains lots of omega-3 fatty acids and fish oils.
2. **Vegetables:** This is a great source of antioxidants, which may reduce the risk of developing cognitive impairment.
3. **Fruits:** Red and dark berries, plums, avocados, oranges, cherries and kiwis are rich in antioxidants.
4. **Water:** Not a food, but very important. Stay hydrated!

Chocolate: Last are cocoa beans, which contain flavanol epicatechin and antioxidants. The sweetest way to improve memory.



Reflections

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was a young girl, just married and embarking on my new life with my husband. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is...the winter of my life and it catches me by surprise... How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go? I remember well... seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like...

But, here it is...husband retired and he's really getting gray...he moves slower and I see an older man now. He's in much better shape than me... but, I see the great change... Not the one I married who was dark and young and strong... but, like me, his age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a

shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit! And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things.

But, at least I know, that though the winter has come, and I'm not sure how long it will last...This I know, that when it's over... I will enjoy the Spring in the arms of my loving Father...and wait for my loved ones to come when their winter is over too.

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly!

Our life is but a vapor, it vanishes away... So, do what you can today, because you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember...

"Life is God's gift to you. The way you live your life is your gift to God. Make it a fantastic one."

LIVE IT WELL!!

~author unknown~

Smith named "Distinguished Voice for Children"

Orchard Place, a child welfare agency serving Iowa for the past 120 years, has named State Representative Mark Smith, D-Marshalltown as the 2008 Distinguished Voice of Children Award recipient. The award was presented at their central campus in Des Moines on Monday, November 24.

The award was presented at Orchard Place's annual Thanksgiving Dinner. In selecting Smith for this award, Orchard Place Director Brock Wolff cited Smith's 34 year career as an Iowa social worker who has provided numerous trainings, has published articles on mental health services to children, and Smith's efforts in providing comprehensive social work services to children. "That would have been reason enough for Representative Smith to receive this award", said Wolff.

He continued with Smith's accomplishments as a State Representative in insuring better quality of life



for Iowa's children. Smith is the third recipient of this award. Past recipients are State Representative Dave Heaton, R-Mt. Pleasant and State Senator Jack Hatch, D-Des Moines.

"I am honored to have been selected by Orchard Place for this award. Throughout the years, Orchard Place has been a guiding force in quality services to the youth of our state. I shudder to think what our state would be like without their services," Smith stated in receiving the award.

Chapel Events for December

Videos for December are:

Videos-

Tuesdays at 3:00 pm:

During the weekdays of Advent, Morning Services will be held in the chapel from 7:30 – 7:45 am. Everyone is invited to come and prepare themselves for the Feast of Christmas. Christmas is the time when we want Jesus to be born in our hearts anew. Residents and staff have signed up to lead the services. If you would like to do one, please call. The videos in December will be a continuation of the Great Figures of the New Testament: Dec. 2: Great Figures of the New Testament: The New Testament

Dec. 9: Great Figures of the New Testament: The Gentile Mother

Dec. 16 Great Figures of the New Testament: Joseph, Magi, & Shepherds

Dec. 23 Great Figures of the New Testament: the Samaritan Woman

Dec. 30 Great Figures of the New Testament: Mary Magdalene

Christmas Eve Service will be held in the chapel December 24 at 1:30 pm. Come and join us in this celebration. We will have escorts to help bring those down who can't come on their own.

A community church choir will be here on December 14 at 2:15 in the Chapel for a Christmas concert.

The Marshalltown Men's Chorus will be in the Malloy LRC on December 21 at 2:15 for the Christmas concert.

May all of you have a Very Happy Christmas with a great deal of peace and joy!



Midwest Phrases

By Ken Wilson

Midwest Phrases comes from a book by Charles Earle Funk called "A Hog On Ice" This month's phrase is "A Chip Off The Old Block"

One who has the characteristics of a parent, usually a son with those of his father. The expression goes back to the early seventeenth century and, if some of the early sermons of Bishop Robert Sanderson quote it correctly, the original form showed less disrespect to dad. It ran, "chip of the *same* block." The allusion *not difficult* to follow: if one takes a block of stone and knocks a chip off of it, the chip will carry all the characteristics of the larger portion.



Would someone like to explain the following???

For 2 weeks now the number one laundry key is still missing over at Heinz Hall.

Whomever the person is just give it up. You might think you are clever or content to make it hard for us to have such a key missing. Are you simply dumb or just don't care? What ever the case may be eventually you will be caught, and hopefully you will be reprimanded by your peers.

So, think about it.



Improving Your Vocabulary

Do you know the definitions of these words?

1. Unpretentious
2. Unconscionable
3. Quell

Answers on back page.

Veterans Day 2008



Group photo from l to r: IVH Adjutant Stan Freeborn, Brigadier General Mark Zirkelbach, IVH Commandant Dan Steen, Governor Chet Culver, Senator-elect Steve Sodders, Rep. Mark Smith



The Marshalltown Municipal Band



Our own IVH Choir

Nutritionally Correct

Submitted by Jane Linnenbrink, RD/LD

November is National Diabetes Month

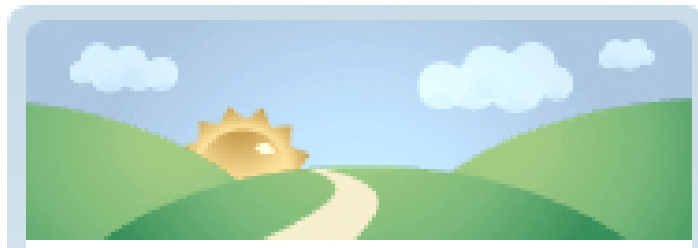
The American Diabetes Association asks, "Why Should You Care About Diabetes?"

It is the leading cause of kidney disease, blindness, and amputation, yet nearly 25% of people who have it don't even know it. This November, during American Diabetes Month®, the American Diabetes Association (ADA) is asking "Why should you care about diabetes?" Chances are, you – or someone you love – have been affected by diabetes in some way. But even if you haven't been affected by diabetes, you need to know that diabetes is the biggest public health crisis of the 21st century, and it continues to grow to epidemic proportions.

Nearly 24 million children and adults in the United States, have diabetes, including **231 at the Iowa Veterans Home**. The death rate for diabetes has continued to grow since 1987, while the death rates due to heart disease, stroke and cancer have declined. Having diabetes places a person at increased risk for a number of serious, even life-threatening complications, including:

Heart disease and stroke - Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.

Blindness - Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness



each year making diabetes the leading cause of new cases of blindness in adults 20-74 years of age.

Kidney disease - Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2002.

Amputations - More than 60% of non-traumatic lower-limb amputations occur in people with diabetes. Remembering the 'ABCs of diabetes' can help to prevent or delay the onset of these serious diabetes complications: **A1C** - For most people with diabetes, it is important to keep their A1C (average blood glucose level over 2 or 3 months) less than 7 percent.

Blood Pressure - People with diabetes should have a target blood pressure of less than 130/80 mmHg. Cholesterol - LDL (bad) cholesterol should be below 100 mg/dl; HDL (healthy) cholesterol should be above 40 mg/dl for men and 50 mg/dl for women; triglycerides should be below 150 mg/dl.

For more information about American Diabetes Month, please visit the American Diabetes Association at www.diabetes.org or call 1-888-DIABETES (1-888-342-2382). Information from both these sources is available in English and Spanish.

Gerhardt's Laugh -Line

The Nagging Wife !!

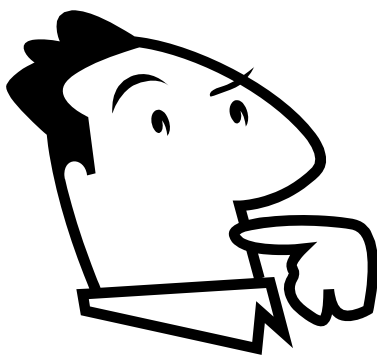
An old hillbilly farmer had a wife who nagged him unmercifully. From morning til night and sometimes later). She was always complaining about something. The only time he got any relief was when he was out plowing with his old mule. He tried to plow a lot. One day, when he was out plowing, his wife brought him lunch in the field. He drove the old mule into the shade, sat on a stump, and began to eat his lunch. Immediately, his wife began haranguing him again. Complain, nag, nag,; it just went on and on. All of a sudden, the old mule lashed out with both feet; caught her smack in the back of the head. Killed her dead on the spot. At the funeral several days later, the minister noticed something rather odd. When a woman mourner would approach the old farmer, he would listen for a minute, then nod his head in agreement; but when a man mourner approached him, he would listen for a minute, then shake his head in disagreement. This was so consistent, the minister decided to ask the old farmer about it. So after the funeral, the minister spoke to the old farmer, and asked him why he nodded his head and agreed with the women, but always shook his head and disagreed with all the men. The old farmer said: " Well, the women would come up and say something about how

nice my wife looked, or how pretty her dress was, so I'd nod my head in agreement." " And what about the men?" the minister asked. "They wanted to know if the mule was for sale."



Thinking Out Loud

By Ken Wilson



- 1) Why do people who pull out in front of you when you have the right away always look away from you? They don't want to see the crash?
- 2) I wonder what kind and amount of Christmas purchasing there will be with this economy?
- 3) We need to do something about these mobies traveling at a high rate of speed and not staying to the right when they negotiate corners. I am surprised someone on a walker has not been hit. The speeders are usually the same people. Maybe they should be put in a wheelchair for a month.
- 4) In the dining hall the other day I watched a n IVH bus unloading. One resident who normally uses an electric wheelchair got off the bus and walked perfectly fine. I assumed since it was a shopping trip she negotiated the store just fine. Must use the electric wheelchair inside IVH as a car.
- 5) It is funny when there is only ambulatory seats left on the bus how some people who normally "aren't" ambulatory can get up and walk. There still must be instant healing as in Jesus

6) One of my pet peeves around here is the number of "temporary" signs that stay up for 2-3 years. They are held up by green tape, cellophane tape ect. Some are hand written. Most are wrinkled up after a few months. There should be a rule about not putting up signs unless absolutely necessary. The tape should be on the back side, the sign laminated, and printed neatly by a computer. It should be taken down when the message has been gotten across as many signs are never paid attention to anyway!!

7) Well what kind of winter will we have this year? Hopefully no ice storms like last year.

8) During the ice storm reconstruction. I never will forget going out one morning where the trucks were parked by the old Econofoods. I counted 75!! The gas station on the corner was having a hay day! I often wondered if they had to fill the tanks every day. It was absolutely amazing to hear the outside truck speakers blasting away as foremen gave orders to their trucks. Then to see 75 trucks enter the highway was astounding.

What's New In The Peterson Library

Submitted by Librarian Sonia Hyak

Books

American Song Treasury, The Ralph, Theodore
 bold fresh piece of humanity, A O'Reilly, Bill.
 Chicken Soup for the Gardener's Soul-Canfield, Jack
 Christmas promise, The VanLiere, Donna
 Cold War ClashesKolb, Richard K
 Combat Combo Marine Baird, John K
 Complete Book of Hymns, The Peter-sen, William J.
 Deadly Harvest Graham, Heather
 DeweyMyron, Vicki / Witter, Bre
 Divine/Kingsbury, Karen
 dream, The/Morris, Gilbert
 forbidden, The/Lewis, Beverly
 God in the foxhole/Sasser, Charles W
 good woman, A/Steel, Danielle
 Just after sunset King, StephenLed by faith Ilibagiza, Immaculée /Erwin
 Limbo on the Yalu...and Beyond!/Berens, Robert J. / Blumenson
 Living a healthy life with chronic conditions/Lorig, Kate
 longing, The/Lewis, Beverly
 man for Temperance, A/Morris, Gilbert
 Murder inside the Beltway/Truman, Margaret

On the Frontline/ Neven, Tom
 Paws & Effect/Sakson, Sharon
 Quilter's Kitchen., The/Chiaverini, Jennifer road less traveled, The/Peck, M. Scott
 Rough weather/Parker, Robert B.
 Salvation in death/Robb, J. D.
 Signing illustrated/Flodin, Mickey.
 story of Edgar Sawtelle, The / Wroblewski, David.
 Strongheart/Jenkins, Terri Wood

Books on CD

brass verdict, The/Connelly, Michael / Giles, Peter.
 Extreme measures/Flynn, Vince / Guidall, George
 Left to tell/ Ilibagiza, Immaculée
 rope walk, The /Brown, Carrie / Davis, Elaina. E

Compact Discs - Non-Musical

brass verdict, The/Connelly, Michael / Giles, Peter.
 Left to tell/ Ilibagiza, Immaculée. / Erwin, Steve. / Pitts, Lisa Renee.
 Hauntings
 Incredible Hulk
 Indiana Jones and the kingdom of the crystal skull

(Continued on page 21)

DVDs

Arthur

Arthur 2 - On the Rocks

Basic Instinct

Basic instinct 2

Fall of the House of Usher /The Pit and the Pendulum, The

Get Smart

Haunted histories collection

Haunted History Of Halloween, The

lost fleet of Guadalcanal, The

Salem witch trials

Search for battleship Bismarck

search for Kennedy's PT 109, The

Three Burials of Melquiades Estrada, The

UFO Files

Unexplained, The

UNITED 93

V for Vendetta

Vampire secrets

WALL-E

World Trade Center

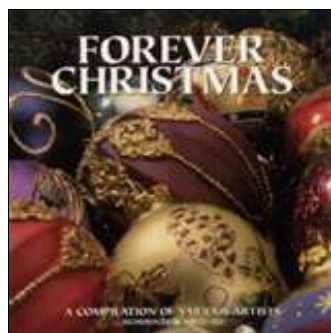
A Note to All Residents

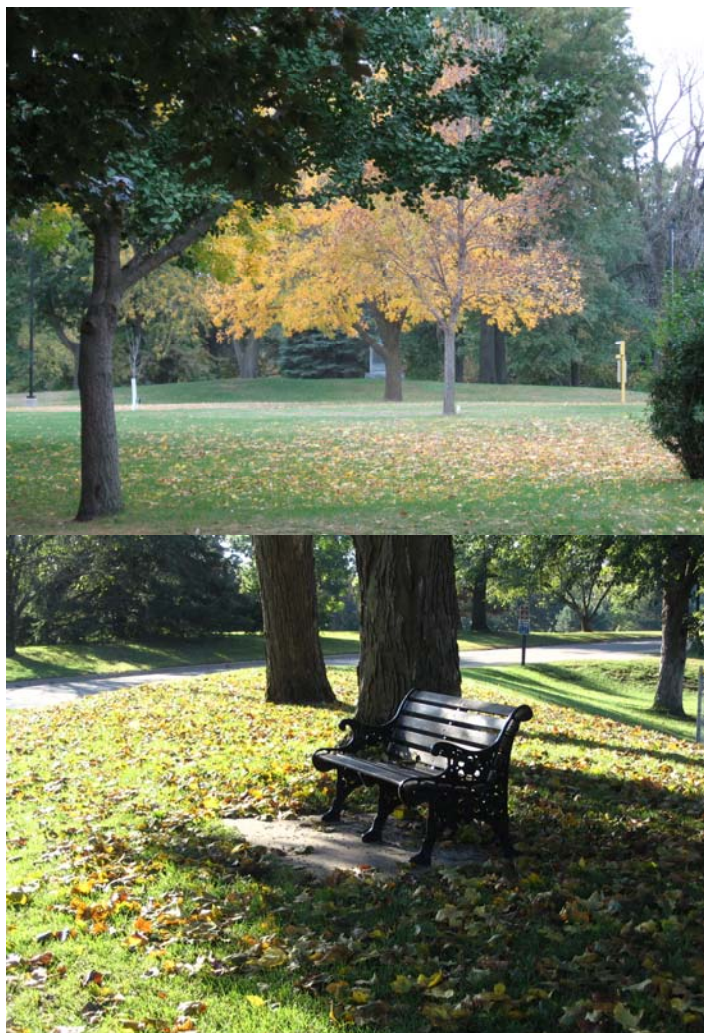
The Annual IVH Resident Christmas Visit Day will be held on Saturday, Dec. 6, 2008 from 1:00 -4:00. An afternoon of music, food, and singing will be offered. Santa will be here in his photo shop for pictures with the children. Everyone is welcome.

***A special thank you..***

The following book's DVD, music CD were donated by: Greg Kallhoff of Imagine Nation Books Armchair Reader: Civil War, Timelines of World History, Greatest Disasters in History, Muscle Cars: The legend lives on, The NASCAR Vault, Great Hispanics Americans, Places of the Bible, The story of the West

WW II -8 DVD collector's edition, Side by side-2 music CD's, Uncle John's Bathroom reader: The wonderful word of odd, Complete reflexology of life, The big divide/David Lavender, Pale horse coming/Stephen Hunter, Act of treason/Vince Flynn, and The race/Richard North Patterson



A last call for Fall..

**IF YOU READ
THIS PAPER,
YOU ARE
WELCOME TO
WRITE FOR
THIS PAPER!**

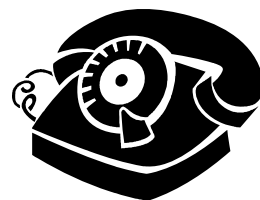
Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

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Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'N' Stripes. We'd love to hear from you.

For routine office calls, Please use extension 794.



If you wish to be removed from our mailing list or know someone who would like to be added to our mailing list please contact us at 641-752-1501 ext 794 or email us at starsnstripes@yahoo.com

Cartoons and Humor



Just remember that an innocent pump-kin gave its' life for you to enjoy.

B. Eilers



Now dear, just remember my mother is only inviting you simply because we're married. Otherwise, you would be eating at John Alden's Bar and Grill.

B. Eilers



This turkey is made of 100% synthetic soybeans. Amazing

B. Eilers



Would you like to invite these three ladies over for Thanksgiving ?

B. Eilers

Quiet Reflections



HAPPY THANKSGIVING

Answers to Improving Your Vocabulary

1. Modest, unassuming
2. Unscrupulous, unprincipled
3. Suppress, stifle

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

